



Northampton Parks & Recreation Aquatic and Family Center

located at JFK Middle School, 100 Bridge Rd., Florence, MA



Masters, Fitness and Triathlete Swimming Fall 2023



Are you interested in a lifelong fitness activity, Master swimming competition or participating in a triathlon? If so we have a great opportunity for you. Our program emphasizes stroke improvement and refinements using drills and positive feedback as well as training for improved cardiovascular fitness, overall fitness and speed. We have different levels of training ranging from newcomers to advanced swimmers.

Coach Kim B. has worked with age group, high school, collegiate, open water and master swimmers of ALL levels from non-swimmer, beginner through NCAA Champions and English Channel swimmers. Kim was a 6 years HRY age group team coach, 3 years NHS swim team coach, 40+ years as Smith College Coach, and has 50 years of swimming teaching/coaching experience. He believes in positive feedback and positive motivation and strives to help everyone achieve their.

Masters Ability Guidelines: (6 people per lane)

To allow for the safety of our master swimmers we are applying the following guidelines for registration.

Advanced A (Lane 6): 100 yard freestyle on a 1:30 interval; non-freestyle 100 yards on a 1:45 interval

Advanced B (Lane 5): 100 yard freestyle on a 1:35 interval; non-freestyle 100 yards on a 1:50 interval

Advanced Intermediate (Lane 4): 100 yard freestyle on a 1:40; non-freestyle interval for 100 yards on a 2:00 interval

Intermediate (Lane 3): 100 yard freestyle on a 2:00 interval; non-freestyle 100 yards on a 2:15 interval

Beginner (Lanes 1 & 2): 100 yard freestyle on a 2:15 interval; non-freestyle 100 yards on a 2:40 interval and be able to swim 800-1000 yards per class.

MORNING CLASS **Tuesday & Thursday 6:45 - 7:45 am**

Dates: September 5, 2023 - December 19, 2023 (30 classes)
(NO Class November 23)

Fee: Resident: \$180
Non Resident: \$240

**FOR MORE INFORMATION
& TO REGISTER**



SCAN ME

Registration opens for Residents Tuesday August 22 @ 2:00 pm

Registration opens for Non-Residents Wednesday August 23 @ 2:00 pm

OPEN YOUR CAMERA APP ON YOUR PHONE
& FOLLOW THE PROMPT

NO WALK-INS

Registrations accepted online or at the AFC, 100 Bridge Road, Florence, MA
Mon-Fri 4:30-6:00 pm, 413-587-1046
or
Northampton Parks & Rec Department, 100A Bridge Road, Florence, MA
Mon-Fri 8:30 am-4:30 pm

413-587-1040

www.northamptonma.gov/recreation

Updated 8/2/23

NORTHAMPTON PARKS & RECREATION DEPARTMENT - REGISTRATION FORM

Today's Date: ____/____/____

PLEASE PRINT LEGIBLY

☐ New to Northampton
Parks & Recreation

☐ I have updated my
Information

ADULT 1

Name _____

Address _____

City _____ St _____ Zip _____

Phone: (H) (____) _____ (W) (____) _____

Cell (____) _____

Email: _____

ADULT 2

Name _____

Address _____

City _____ St _____ Zip _____

Phone: (H) (____) _____ (W) (____) _____

Cell (____) _____

Email: _____

EMERGENCY CONTACT OTHER THAN PARENT

Name _____

Phone (____) _____

Photo Release: May Northampton Parks & Recreation Department use photos of you or your family members for brochure, website, promotional use?

Yes ☐

No ☐

PARTICIPANT'S FULL NAME: _____

Gender _____

Date of Birth _____ School _____

Current Grade _____

Program Name	Start Date	Day(s)	Basic Fee	Total Fee
			\$	\$
			\$	\$

TOTAL FEE FOR PARTICIPANT

\$

Special Considerations/Comments (Use back if necessary) _____

Recreational and Volunteers Activities Release Form

I, the undersigned, do hereby consent to my participation in voluntary or recreation programs of the City of Northampton. I also agree to forever release the City of Northampton, and all their employees, agents, board members, volunteers and any and all individuals and organizations assisting or participating in any voluntary or recreation programs of the City of Northampton from any and all claims, rights of action and causes of action that may have arisen in the past, or may arise in the future, directly or indirectly, from personal injuries to myself or property damage resulting from my participation in the City of Northampton voluntary activities or programs. I also promise, to indemnify, defend, and hold harmless the Releasees against any and all legal claims and proceedings of any description that may have been asserted in the past, or may be asserted in the future, directly or indirectly, arising from personal injuries to myself or property damage resulting from participation in the City of Northampton voluntary activities or recreation programs. I further affirm that I have read this Consent and Release From and that I understand the contents of this Form. I understand that my participation is voluntary and that I am free to choose not to participate in said programs. By signing this form, I affirm that I have decided to participate in the City as a volunteer or in its recreation programs with full knowledge that the Releasees will not be liable to anyone for personal injuries and property damage that I may suffer in voluntary activities with the City of Northampton or recreation programs.

Participant Signature or Parent/Legal Guardian if under 18 years old: _____

Date: _____

Charge my VISA ____ Master Card ____ Discover ____ Card # _____ Expiration _____

Name on Card _____ Signature _____

Office Use Only: Amt Rec'd \$ _____ Cash _____ Check # _____ Credit _____ Date _____ RT Date _____ Staff _____